



GREEN CHEF

CHICKEN TINGA

Zucchini, tomatoes & cabbage, cotija cheese, cilantro-lime crema

COOK TIME

20 MIN

SERVINGS

2

CALORIES PER SERVING

530

NET CARBS PER SERVING

18 GRAMS

MENU

KETO // GLUTEN-FREE

Tonight's Mexican-inspired *tinga*, a traditional dish made with meat smothered in a flavorful red sauce, is ready for the dinner table in only 20 minutes! Here, chicken strips are simmered in a smoky chipotle tomato sauce, then drizzled with a cooling cilantro-lime crema and a sprinkle of creamy cotija cheese. A colorful side of sautéed zucchini, tomatoes, and cabbage is seasoned with our orange-chili spice blend for a lively kick.

INGREDIENTS (9 ITEMS)

10 oz **Chicken strips**
 3 ½ oz **Seasoned chipotle tomato sauce**
 2 ¾ oz **Spiced cilantro-lime crema** M
 1 oz **Cotija cheese** M
 1 whole **Zucchini***
 4 oz **Grape tomatoes**
 2 ¾ oz **Cabbage***
 1 whole **Yellow onion**
 1 ½ tsp **Orange-chili spice blend**

WHAT YOU'LL NEED

medium & large sauté pans
 measuring cup & spoons
 thermometer
 cooking oil
 salt & pepper

ALLERGENS

M MILK



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Food Service (GFFS) program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

*This ingredient may be a different color. Either way, this dish will still be delicious!

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry may increase your risk of foodborne illness. Go to help.greenchef.com for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1

PREP

- Cut ends off **yellow onion*** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick.
- Trim ends off **zucchini**; discard. Halve lengthwise. Lay flat and cut across into half-moons, about ½ inch thick.
- Halve **grape tomatoes**.
- Roughly chop **cabbage** if necessary.

**We recommend using the whole onion in this recipe, but feel free to add it to your taste.*

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2

START CHICKEN TINGA

- Pat **chicken strips** dry with paper towels. Cut any larger strips in half lengthwise if necessary.
- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **chicken** and **onion** to hot pan. Season with about ½ teaspoon salt and a pinch of pepper. Cook about 3 minutes, or until onion is translucent, stirring occasionally.

3

FINISH CHICKEN TINGA

- Reduce heat on pan with chicken to medium. Add **seasoned chipotle tomato sauce** and ½ cup water. Stir to combine. Simmer 8-10 minutes, or until chicken is fully cooked,* stirring occasionally. Remove from heat.

**Chicken is fully cooked when internal temperature reaches 165 degrees and it's no longer pink in the center.*

4

SAUTÉ VEGGIES

- Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **zucchini** to hot pan. Season with **orange-chili spice blend**, about ¼ teaspoon salt, and a pinch of pepper. Cook 3-4 minutes, or until zucchini begins to soften, stirring occasionally.
- Add **tomatoes** and **cabbage**. Stir to combine. Cook 1-2 minutes, or until zucchini is tender, stirring occasionally.

5

PLATE YOUR DISH

- Divide **chicken tinga** between bowls. Drizzle with **spiced cilantro-lime crema** to taste. Sprinkle with **cotija cheese**. Serve **sautéed zucchini, tomatoes, and cabbage** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (522g)

Amount per serving

Calories **530**

	% Daily Value*
Total Fat 34g	44%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 1240mg	54%
Total Carbohydrate 24g	9%
Dietary Fiber 6g	21%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 41g	
Vitamin D 0mcg	0%
Calcium 189mg	15%
Iron 2mg	10%
Potassium 692mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Chicken strips, Cabbage, Orange-chili spice blend (sweet paprika, onion powder, granulated garlic, dried orange peel granules, chipotle pepper, ancho chili pepper, ground chili powder, dried oregano), **Spiced cilantro-lime crema** (cilantro, sour cream [cultured cream], lime juice, sea salt, ground coriander, granulated garlic), **Seasoned chipotle tomato sauce** (ground tomatoes [tomatoes, tomato puree, sea salt, citric acid], tomato paste [tomato paste, naturally derived citric acid], apple cider vinegar [raw and unfiltered organic apple cider vinegar], ground cinnamon, ground clove, ground coriander, ground cumin, chipotle pepper, yellow onion, garlic, sea salt, ascorbic acid), **Yellow onion, Grape tomatoes, Summer squash, Cotija cheese** (cultured pasteurized grade A milk and skim milk, sea salt and enzymes)

Allergen information:

Contains Milk

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.